

**"Mother's Friend"**

## What Does the World Owe a Mother?

**ALL**

All that love can give—for cheer, All that science can give—for relief.

And science has contributed "Mother's Friend" to alleviate pain and render and preceding, and at commandment, to assist nature in preparing for rapid recovery and assuring the mother and child perfect health. It is easily applied by anyone. Get it at your druggist, and write for free book on Motherhood. Every mother should have a copy. Address: The Bradford Receptor Co., 205 Lamar Bldg., Atlanta, Ga.

**Motherhood FREE BOOK to every Expectant Mother**

# Society

Phone 538.

This evening at eight o'clock the Dornick Hills Country Club will open the new swimming pool to its members and their friends. The evening will be spent informally with swimming and dancing. The swimming pool is another attraction added for the pleasure of the club members, and will doubtless be very popular during the remainder of the heated season. Mr. Perry Maxwell, president of the club, takes a great interest in this new club, of which he was the founder.

Mr. Tom Earp arrived Monday from Oklahoma City.

Miss Regina Blank has returned from a trip to Galveston, Texas.

Miss Anne Anderson is the guest of friends in McMillan and Madill this week.

Misses Gladys and Marion LaRue of Tulsa are in the city the guests of Mrs. R. D. Moore.

Judge Worthington, of Washington, D. C., was a pleasant visitor at the Catholic Rectory Saturday.

Miss Hattie Harper left Sunday for Oklahoma City and Lawton, where she will spend a two weeks' vacation.

Miss Stella Winston, who has been visiting Dr. and Mrs. J. L. Cox, has returned to her home in McMillan.

Miss Eva Carmon is visiting friends and relatives in Oklahoma City and Mangum. She will be away about two weeks.

Mrs. C. C. Thomas and little son, C. C. Jr., are visiting in Gainesville, Texas. From there they will go to Parsons, Kans., and will visit in that place until September 1.

Mrs. Harry Harts will present her pupils in recital this evening at 8:15 at her home, 924 Stanley boulevard. A cordial invitation is extended to all friends and acquaintances.

Mrs. L. S. Dolman and children, Katherine and James, will leave tomorrow for Red Oak, Ia., where they will visit friends and relatives. They will return home about September 15.

Miss Frances Luke had as her dinner guests last evening at the Chick-

asaw Lake Club, Mrs. John Easley, Miss Maurine Easley, and Messrs. Neal and Thompson, of Oklahoma City.

A merry party composed of Mr. and Mrs. Tom Echols of Ardmore, and Mr. and Mrs. W. W. Paschall, Miss Hattie Lewis, and Mr. J. Teiford of Berwyn, motored to Oil Springs Sunday.

Cards have been received from Mr. and Mrs. S. L. Wilkinson, who left here several days ago on a visit to Mr. Wilkerson's old home in Tennessee. They are making the trip through in their car and will motor through the entire state of Tennessee.

Mrs. Sam P. Davis left Monday afternoon for a ten days' visit with relatives in Beaumont and Houston, Tex. She will join Mr. Davis there. During her absence, her daughter, Miss Margaret Miller, will be a guest in the home of Mr. and Mrs. Ben S. Curtis, 105 Second avenue, northwest.

Miss Elise Potter left this morning for Oklahoma City, where she will visit Miss Bess Westcott. From there she will go to Norman, Okla., where she will join a party composed of members of the Pi Beta Phi sorority, who will go on a camping trip in the northeastern part of the state. Miss Potter will be away a week or ten days.

Miss Anna Matthews, who has been teaching in Durant the past six weeks has returned to Ardmore. After a short stay here she will go to Oklahoma City, and will be accompanied by her mother, Mrs. A. D. Matthews, Mrs. T. B. Matthews and children, and Miss Mabel Matthews. The entire party expects to spend some time in Sulphur, and will be away during the month of August.

**A Doctor's Remedy for Coughs.**  
As a cure for coughs and colds Dr. Bell's Pine-Tar-Honey combines these remedies in just the right proportion to do the most good for summer coughs or colds. A trial will prove the value of this splendid cough medicine. Dr. Bell's Pine-Tar-Honey soothes the irritation, stops your cough, kills the cold germs and does you a world of good. A 25c bottle will more than convince you—it will stop your cough. At druggists.

**MEAT EATING IN SUMMER.**

(By State Board of Health).

Most persons naturally eat less meat in the summer than in winter and some find that they cannot eat meat at all in the hot weather without experiencing ill effects and even in some cases being practically poisoned. In this connection these questions appear: (1) Why do meats ever cause poisoning? (2) Why are meats at times very poisonous to some, only slightly poisonous to others, and do not seem to affect others at all?

Experiments seem to show that in hot weather at least injurious bacilli are more liable to exist in sausages and other ground meats than in unground meats. It should be also remembered that while bacteria may be destroyed by thorough cooking, cooking that is heat, does not always destroy the toxins or poisons which are elaborated by the bacteria. Even although all the bacteria may have been destroyed by the cooking, the meat after being cooked is likely to

## TRY IT! SUBSTITUTE FOR NASTY CALOMEL

Starts Your Liver Without Making You Sick and Can Not Salivate.

Every druggist in town—your druggist and everybody's druggist, has noticed a great falling off in the sale of calomel. They all give the same reason. Dodson's Liver Tone is taking its place.

"Calomel is dangerous and people know it, while Dodson's Liver Tone is perfectly safe and gives better results," said a prominent local druggist. Dodson's Liver Tone is personally guaranteed by every druggist who sells it. A large bottle costs 50 cents, and if it fails to give easy relief in every case of liver sluggishness and constipation, you have only to ask for your money back.

Dodson's Liver Tone is a pleasant-tasting, purely vegetable remedy, harmless to both children and adults. Take a spoonful at night and wake up feeling fine; no biliousness, sick headache, acid stomach or constipated bowels. It doesn't gripe or cause inconvenience all the next day like violent calomel. Take a dose of calomel today, and tomorrow you will feel weak, sick and nauseated. Don't lose a day's work! Take Dodson's Liver Tone instead and feel fine, full of vigor and ambition.

be a better growing medium for bacteria than when uncooked. For this reason long kept cooked meats, unless hermetically sealed, should be avoided. Cooked meats kept in an ordinary refrigerator in the summer time for 48 hours are dangerous.

Vegetable salads having a dressing containing meat, eggs, milk and other proteins, unless very acid with vinegar, are good media for bacteria. Salads should not be eaten in hot weather which have been kept for over twelve hours in an ordinary refrigerator. It is undoubtedly true that a very large percentage of intestinal disturbances appearing in the hot months are due to eating infected protein in foods. Sometimes fresh, uninfected proteins may cause more or less disturbance in especially susceptible persons. Persons with bronchial asthma or eczema or any skin affection should eat very little protein during the hot weather and even persons not thus effected should be sparing of meats, especially preserved meats.

**The Baby's Milk.**  
From the moment of birth every baby ought to have the best possible care and food. It is his birthright. If he does not get it he will not do the part intended for him when he is grown. The best food for the baby is that which nature arranged for him—his mother's milk. For this food there can be no substitute. When it fails we do the best we can and make a fairly satisfactory food for infants by modifying cow's milk. The proteins and fats in cows milk are too large proportions for the delicate digestive organs of an infant, and to make it resemble as closely as possible the mother's milk, it must be diluted somewhat and sweetened slightly.

The balancing of the proportions of sugar, fat and proteins cannot be done successfully by ignorant or careless mothers. It is not enough merely to dilute the milk and sweeten it. Baby feeding must be exact and every baby should be fed according to his personal needs. All babies are not alike and what may be a satisfactory food for one may be quite unsatisfactory for another.

When your baby has to be fed on cow's milk, modify it according to a physician's orders. Never experiment; never change foods unless you know what you are doing. Be sure that the baby's food agrees with him. Then watch him grow.

**Need for Safety First.**

"The United States," declared Arthur Williams, President of the American Museum of Safety recently, "is continually waging a bloody war within its own borders—a war in which the casualties amount to 35,000 lives each year and in which the number annually wounded is about 1,500,000. It sounds like the returns from the European battlefields, but it is the number of workers killed and injured each year in our American industries. It is appalling when we stop to consider 35,000 lives wiped out, and wiped out unnecessarily, in time of peace. This would constitute an entire division of the army, or, in other words the national guard of

**NO SOLDIER BOY BUT AN OFFICER INSPIRED THIS COAT**



**A LA MILITAIRE**  
This gorgeous garment, posed by the actress Helen Raymond, is a copy of an Italian army officer's coat. It is built of navy blue velours, and the voluminous front, simulating a cape, is bound with four rows of gold braid and fastens with one army button.

## SOME BASEBALL STARS of 1916

Greider Cleveland Alexander  
Felder Jones  
Larry Doyle

**THE FARM AND SMALL TOWN FURNISH BEST MATERIAL FOR BIG LEAGUE TIMBER.**

Looking over the roster of the big league ball teams you will find name after name of men who only recently were boys on the farm or in the village or small town. On the other hand, surprisingly few hail from the big cities. And yet, this is not so surprising after all. Even laying aside our knowledge of the big part that the so-called country boy has always played in the great affairs of business and the nation, the country is the place to lay the foundation necessary for athletes.

The photographs shown are familiar to all lovers of the great National game. In addition to their being representatives of their type in the baseball world, all of these stalwart athletes are great endorers of that beverage you know and like so well—Coca-Cola.

**Short Histories of the Players.**

**JONES, Fielder Allison,** Manager of St. Louis Browns. Born August 13, 1871, at Shingle House, Pa. Last season he came within one-half game of winning Federal League pennant, finishing nearer the top than any team in major leagues since the Browns in 1889.

He says Coca-Cola is his favorite beverage.

**ALEXANDER, Grover Cleveland,** Pitcher Philadelphia Nationals. Born in St. Paul, Nebraska, February 26, 1887, and lives on a farm there now.

Alexander is one of the greatest pitchers in the game today, being practically responsible for the Philadelphia National League team winning the pennant last year. Drafted by Philadelphia in August, 1910, with whom he has since played. He warmly endorses Coca-Cola as a drink for athletes.

**DOYLE, Lawrence,** Captain New York National League Club. Born at Caseyville, Ill., July 31, 1886. Second baseman.

He has played with the New York Nationals since 1907, and was appointed Captain in 1912, which position he has since held with them. Leading hitter of the National League for the season of 1915. Like all the best of them he is a staunch believer in Coca-Cola.

There is, by the way, a wonderful similarity between the origin of these ball players and that of the beverage which they endorse. Coca-Cola might be called an agricultural drink, both from the materials it is made of and because of its great popularity in the country as well as in the city. For Coca-Cola, if ever there was a natural, wholesome beverage, is such—it itself is a gift from Nature. Made from Nature's pure water, flavored with the juices of fine fruits and things that grow and sweetened with Nature's purest, finest sugar—and please particularly remember this last—Coca-Cola contains no artificial sweetening matter but just the best of pure cane sugar. It is this fine combination that gives Coca-Cola its deliciousness of flavor, its distinctively refreshing and thirst-quenching qualities and its wholesomeness. That's why ball players, athletes, fans—all classes and kinds of men and women drink and endorse Coca-Cola. Drink a glass or a bottle and you will be just as enthusiastic about it.

New York state with every unit recruited to full war strength. In two years it would more than equal all of the Union soldiers killed outright during the Civil War, which was 67,065."

Apply a cotton cloth wet with BAL-LARD'S SNOW LINIMENT to all wounds, cuts, burns, sores or blisters, and note its wonderful healing power. It is prompt and very effective. Price 25c, 50c, and \$1.00 per bottle. Sold by Ringer Drug Co.

**August in History.**

1759—British and German allies defeated the French in the battle of Minden.

1763—Merchants of Boston combined to refuse imports from England.

1800—Last meeting of the Irish Parliament.

1840—City of Vera Cruz delivered up by Americans to Mexicans.

1853—Austrian government protested to European courts against action of American naval commander in rescuing a citizen in the port of Smyrna.

1864—Sherman began the siege of Atlanta.

1883—Parcels post introduced in Great Britain.

1894—Japan declared war against China.

1901—Lord Roberts granted \$500,000 for his victory in South Africa.

1914—Germany formally declared war on Russia and mobilized her troops. King George made a final appeal to the Czar to avert war.

1915—Teutons celebrated first year of war with important victories on both fronts.

**"SURVIVAL OF THE FITTEST"**

A proprietary medicine like everything else that comes before the public has to prove its merit. It has to meet competition. The law of the "Survival of the Fittest" applies to this as to other things. The fact that Lydia E. Pinkham's Vegetable Compound after forty years of success is still one of the largest sellers proves that it is a dependable, standard remedy for the ailments of womanhood, and one in which they have perfect confidence.

**Feed the Sparrows.**

A naturalist announces that those tender-hearted persons who have made a custom to supply the wild birds with food in the winter months are really killing them with kindness. "Birds supplied with fat from the food they eat in the summer live through stormy winters without much food, he says, and often when they die of diseased liver. Here is suggested a way to get rid of the English sparrows that would meet with their hearty appreciation and co-operation.

When you yawn a good deal in the daytime, feel dull, achey and want to stretch frequently it is an unmistakable symptom of malaria, and unless you do something at once you are booked for a spell of chills. HERBINE is a chill medicine that will prevent or cure the disease. It drives out the impurities on which the malarial germ thrives, strengthens the liver and cleanses the bowels. Price 50c. Sold by Ringer Drug Co.

**Proof That We Are Sheepish.**

The Pittsburgh man who several years ago won a dinner from an Indiana county relative by taking a small piece of wood, a hammer and a nail and blocking traffic on lower Fifth avenue of the steel metropolis by hammering the nail into the shingle resting on the sidewalk has a follower here who did a similar stunt. The New Yorker won his wager by placing a ball of paper six inches in diameter at the corner of Wall street and Broadway and by staring at it for a crowd of a hundred people in five minutes. It proved the old contention of the psychology of crowds, showed that all the yokels are not living in the country and revealed that we humans all are more or less sheep.—New York Letter to Pittsburgh Dispatch.

When the baby is suffering the double affliction of hot weather and bowel disorders, the remedy needed is McGEHE'S BABY ELIXIR. It reduces the feverish condition, corrects the stomach and checks looseness of the bowels. Price 25c and 50c per bottle. Sold by Ringer Drug Co.

**NOTICE**

Public notice is hereby given that I will pay no bills in Ardmore except upon order signed either by myself or my wife. All dealers will govern themselves accordingly.

Robert F. Scivally.  
Ardmore, Okla., July 29, 1916. 30-4

**IMPERIAL CAFE**  
No. 11 N. Washington St.  
New and Up to Date  
Chinese and American Dishes  
CLEAN, GOOD SERVICE  
CHINESE DAY AND NIGHT  
Phone 657 Tables for Ladies  
Booths for Private Parties

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**UNDERTAKER and EMBALMER**  
**C. BOONE TALIAFERRO**

**\$1.00 IS GOOD FOR 14 POUNDS SUGAR**  
With a \$3.00 Grocery Order

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Rubber Heels Attached 50c  
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The New and Second-Hand Home Outfitter.  
From Kitchen to Parlor.

We pay cash or trade for second-hand goods. We pack, crate, ship or store your goods in a brick house.

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No Rents to Pay and Can Sell Cheapest.

**Ardmore - Okla.**